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ABSTRACT

Established in 1977 by the Diabetes Research and Education Act, the six Diabetes Research and Training Centers (DRTCs) located throughout the country offer resources for diabetes educators and other health professionals involved in treating or counseling people with diabetes. DRTCs provide continuing education, seminars, and workshops in state-of-the-art diabetes management for professionals; other services include an array of tested evaluation and assessment instruments and professional expertise in developing and implementing diabetes programs in a variety of settings. The six DRTCs are located at major academic institutions in New York, Illinois, Indiana, Michigan, Tennessee, and Missouri. Each center has a core staff of basic and clinical researchers, medical and allied health professionals, and educators with expertise in diabetes, along with the physical and technical resources to support research and education and training activities. Education and training activities are carried out on site in model demonstration units as well as in community settings. The DRTCs have developed linkages with major diabetes professional and voluntary organizations as well as with groups in the communities served by the centers. Each center also offers a range of educational materials, including videotapes, curricula, and program guides for health professionals. (This report includes the addresses and telephone numbers of the six DRTCs as well as the names of their directors and examples of their educational activities.) (KC)

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Fact Sheet

Diabetes Research and Training Centers:

Diabetes Education

NDIC Clearinghouse

For diabetes educators and other health professionals involved in treating or counseling people with diabetes, the Diabetes Research and Training Centers (DRTC's) can be an invaluable resource.

DRTC's offer continuing education, seminars, and workshops in state-of-the-art diabetes management for professionals; an array of tested evaluation and assessment instruments; and professional expertise in developing and implementing diabetes programs in a variety of settings.

Six DRTC's are supported by the National Institute of Diabetes and Digestive and Kidney Diseases. Focused on biomedical research and training and education, the six centers are located at major academic institutions in New York, Illinois, Indiana, Michigan, Tennessee, and Missouri (see chart on page 4). Each center has a core staff of basic and clinical researchers, medical and allied health professionals, and educators with expertise in diabetes, along with the physical and technical resources to support research and education and training activities. This combination of resources fosters a collaborative and multidisciplinary approach to the problems of diabetes.

The DRTC program was established in 1977 by the Diabetes Research and Education Act (P.L. 91-354) in response to a recommendation of the National Commission on Diabetes. At its recent April 1990 meeting, the National Diabetes Advisory Board strongly endorsed the DRTC program, emphasizing that demonstration and education components of the program and research related to diabetes patient education were essential parts of DRTC translation research.

DRTC Education and Training Activities

Education and training activities are based in the translation component of each DRTC. Many center programs are carried out onsite in model demonstration units, and many take place in community settings. The DRTC's have developed linkages with major diabetes professional and voluntary organizations as well as with groups in the communities served by the centers. Each center also offers a range of educational materials, including videotapes, curricula, and program guides for health professionals. The following are examples of center educational activities.

Albert Einstein DRTC

The Albert Einstein DRTC, under the direction of Dr. Norman Fleischer, offers both onsite and offsite educational services from an interdisciplinary diabetes education team composed of specialists in medicine, nutrition, nursing, and behavioral medicine.

Consultants in medical specialties relevant to diabetes also are available. Consultation services are provided for the development of continuing education programs, seminars, workshops, courses, and other education activities for health professionals.

The center also is involved in developing education and screening programs at neighborhood family care centers, programs to improve communication skills of certified

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diabetes educators, a master's level curriculum in diabetes at the Yale University School of Nursing, screening protocols in the worksite, and curricula for health professionals caring for Latino patients. As part of these activities, the center staff has developed manuals, model standards of care, curricula, a videotape, and an audit form, which are available from the DRTC.

Chicago DRTC

The education and training component of the model demonstration unit of the Chicago DRTC is under the direction of Dr. Wylie McNabb. The center offers the "In Control" project, an education program for children ages 8 to 10 years of age and their parents; "Pathways," a nutrition and exercise program for obese, inner-city black women; and diabetes education update workshops for health professionals. The center also has conducted surveys among Chicago area physicians about their sources for diabetes care information and designed Continuing Medical Education sessions.

The center has developed a variety of materials in connection with its projects, including a slide/tape lecture program for nurses and primary care professionals based on the diabetes education update workshops, the lifestyle assessment questionnaire for patients, instructional materials based on the program for children and parents, and an "In Control" board game and teaching cards for children.

Indiana University DRTC

Many of the educational protocols developed by the Indiana DRTC are the byproducts of its 6-year Diabetes Education Study, a randomized, controlled trial of physician and patient education. These materials include curricula, syllabi, and evaluation tools. Other materials result directly from activities of the Pediatric Diabetes Open Facility and the recent Office Practice Environment Negotiations Project. Materials include videos, assessment tools, study guides, bibliographies, workbooks, model registries, instructional manuals, computer programs, and slide and audio programs.

The center's educational development and evaluation core is directed by Dr. Gary Ingersoll. Its activities include an education project for primary care physicians to increase implementation of efficient and effective office procedures (the office practice environment project), development of computer-based menus, and projects concerned with multidisciplinary care in a pediatric setting and risk behaviors and cognitive function in young people with insulin-dependent diabetes mellitus.

Michigan DRTC

The training and information transfer division of the Michigan DRTC, directed by Dr. Roland Hiss, has developed model clinical and education programs relating to pregnancy and

diabetes, elderly patients, and adolescents with diabetes, as well as education programs for professionals and patients in general.

The center also develops and evaluates programs and instructional materials and evaluation instruments to measure knowledge and self-care skills of patients and skills of professionals. It focuses on developing linkages with practice communities and community organizations and on educating patients about what constitutes good medical care.

The DRTC staff has developed more than 20 patient education booklets, 23 videotape programs, 16 slide/tape programs, 34 other print pieces, 28 symposia, and 6 major questionnaires. Among center materials are the catalog *Audiovisual Resources for Diabetes Education*, now in its eighth edition; the "Life with Diabetes" series of patient booklets; and a slide/tape series for physicians based on the National Diabetes Advisory Board's *The Prevention and Treatment of Five Complications of Diabetes*.

Vanderbilt University DRTC

Under the direction of Dr. Rodney Lorenz, the Vanderbilt University DRTC has assumed a leading role in improving the teaching skills of health professionals involved in diabetes education. The center's effective patient teaching courses and workshops are widely attended. The courses were expanded recently to include adherence counseling skills and home study formats. Center staff recently completed a visual instruction program for children.

Materials developed by the center include patient education checklists, knowledge and assessment questionnaires for patients and professionals, and teaching skills manuals and self-study modules for health professionals.

Washington University DRTC

The diabetes education center at the Washington University DRTC, under the direction of Dr. Edwin Fisher, offers graduate courses for professionals in health care planning and services, courses for social workers, and courses for multidisciplinary team members focusing on intensive insulin therapy. The center also conducts intervention projects involving social workers and projects related to doctor-patient communication, elderly patients, organizational factors, and smoking cessation.

Materials developed by center staff include self-study articles for practicing nurses and pharmacists, a manual for home health aides, patient assessment forms and checklists, a survey instrument for managing diabetes in the workplace, and a video depicting attitudes and beliefs of a low-income elderly woman, which is designed for physicians caring for low-income patients.

Persons desiring additional information about materials and programs, including courses and workshops, should contact individual centers listed on page 4.

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